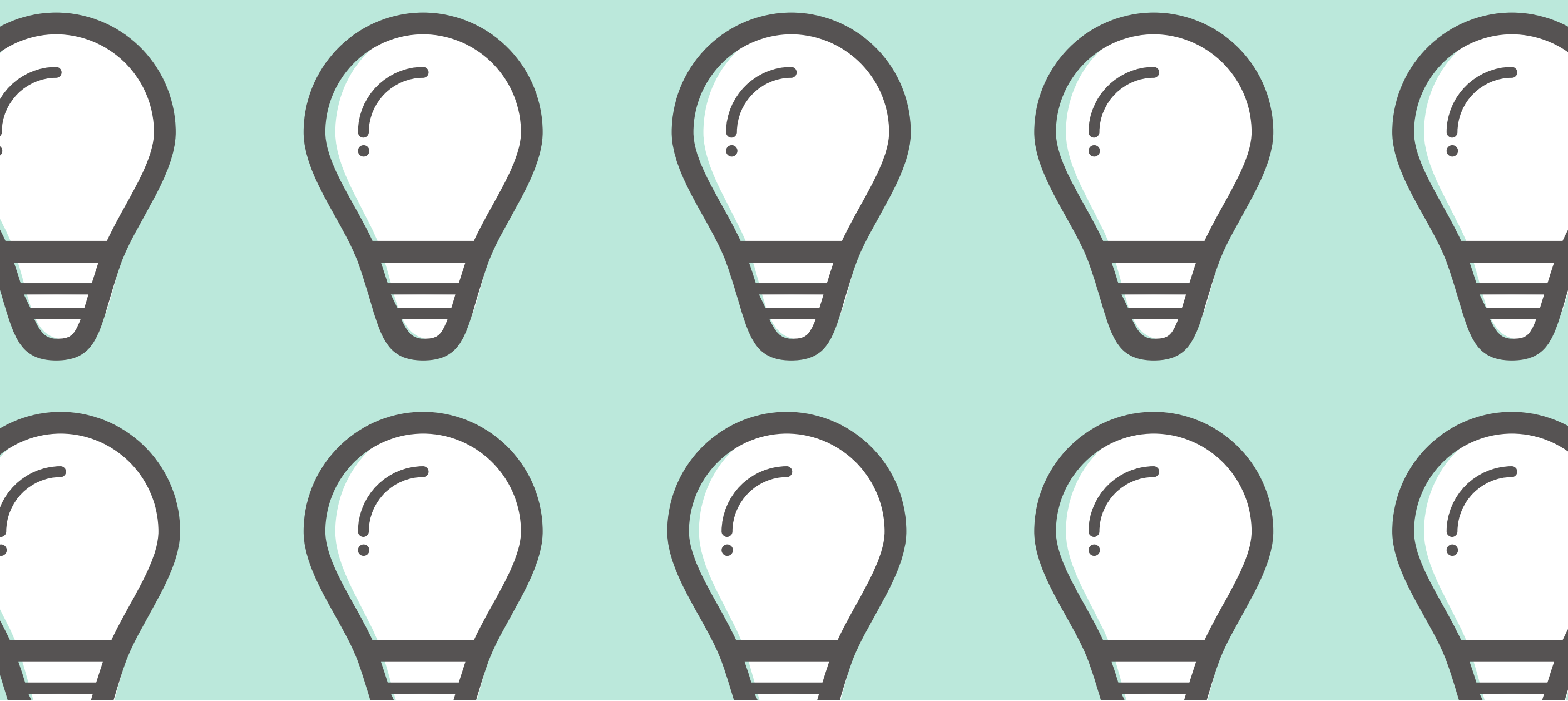
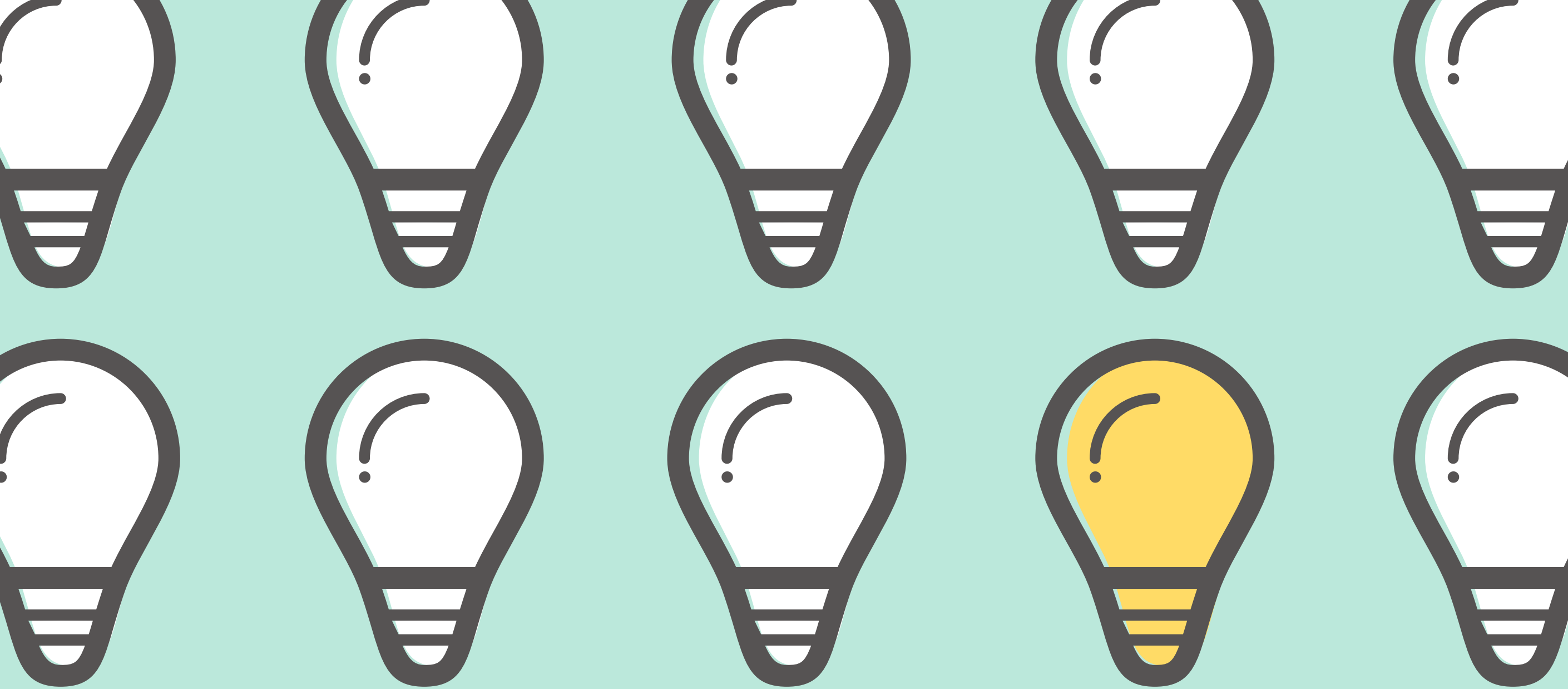


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PRESENTS...

**ONE MONTH OF**  
*Conversations  
in the Car*





## How to use this book...

Conversations in the Car is an eBook written to create room for conversations with your children while driving to work, school, or home. Time in the car is a precious commodity and is a great time to get to know your children better!

Divided into weekly themes, these questions are meant to start a dialogue that parents and caregivers can use to invest in and learn more about the people they love most. The questions in this book are just meant as "starters" that give a focus and "on ramp" to organic and unique conversations with kids and teens.

At the end of each week, parents or caregivers are encouraged to use the information they've learned to invest more in their families and relationships.

Important note: In order for a "conversation" to work, parents need to be willing to talk about their own answers to the questions and model organic conversation for their children.





## WEEK ONE

# Favorites

### MONDAY

This week we are going to focus on FAVORITES - just to get your kid and/or student talking. The plan is that you discover something about your child that you can do or make over the weekend.

Today's questions:

What is your favorite food?  
What is the best meal you remember eating with our family?

### TUESDAY

Today's questions will hopefully enlighten you to the types of family experiences your child enjoys most. The idea is to get him/her to talk about favorite memories you've had as a family and what was happening then.

Today's questions:

What is your favorite memory of us having fun as a family? When do you have the MOST fun?

### WEDNESDAY

We want to figure out what your child enjoys most at school and when he/she feels the most proud. You may already know the answers to these questions, but it is always good to start the conversation.

Today's questions:

What is your favorite subject in school? If you could pick one school assignment to work on, what would you pick?

### THURSDAY

Today we want to find out what your child likes about him/herself. This can be tough to get them to talk about, so start by answering the question YOURSELF or telling a story about yourself. This is about positive self-image.

Today's question:

What do you like best about your appearance?  
Why?

### FRIDAY

Although we talked about outward appearance yesterday, we know the INSIDE is far more important. Today, talk about personality traits and your children most want to exhibit themselves.

Today's questions:

Who is someone you admire? What traits do you admire about that person? How can you work to add those traits in your life?



## WEEK TWO

# Friendships

### MONDAY

This week we are going to focus on FRIENDSHIP - helping your child talk about the friends he/she hangs out with and how those relationships are making him/her better or worse.

Today's question:

What do you look for in a friend? What qualities do you want him/her to have?

### TUESDAY

When we look for qualities in a friend, we should try and have those qualities ourselves.

Today, have a conversation about something you've done to be a friend to someone else, and ask your child the same question.

Today's question:

How have you been a friend to someone - or how can you be a friend?

### WEDNESDAY

Bullying is a real problem in our schools - and kids can be mean at all ages. If you can think of a time you've been bullied or hurt by someone, today would be a great day to tell that story.

Today's questions:

Has anyone ever been mean to you? How did that feel? How do you deal with people that treat you unfairly? What's a good plan?

### THURSDAY

Being an upstander means being someone who stands up for others. Today the conversation is about what that means. Think of someone in your life who stuck up for you and be ready to share with your child.

Today's question:

Have you ever stood up for someone who was being picked on? What's the best way to do that?

### FRIDAY

Today is a good day to make a plan to "be a friend" to someone. YOU DO IT, TOO. Tell your child what your plan is to show friendship to someone and then ask him/her how they will do the same.

Today's question:

Who is someone you could reach out to and be a friend? How will you do it? How can I help you?



WEEK THREE

# Gratitude

MONDAY

This week we are going to focus on GRATITUDE - helping your child be thankful for what is in his/her life. Remember, it's always important for you to do the same thing.

Today's question:

What does it mean to be grateful? Do you think you are grateful? How do you show gratitude?

TUESDAY

Today you are going to make a list of things you are both grateful for using the alphabet. Start with A and go all the way to Z - listing all the things you both are grateful for!

Today's question:

Of all the things we listed, what are you most grateful for TODAY? Why?

# THANKYOU

WEDNESDAY

It's important for kids to see that what they have is way more than most of the world has. Today, talk about PERSPECTIVE and what it means to walk in the shoes of others and be grateful.

Today's question:

What do you have that someone else doesn't? How should that help you have PERSPECTIVE and be grateful?

THURSDAY

As the adult, you need to model gratitude. Think of a story you can tell about being grateful for something. Share that story and then ask today's question.

Today's question:

How can you show gratitude today? How can you tell someone at your school or work that you appreciate them?

FRIDAY

Gratitude is a lifestyle. It means less complaining. Talk with your child about how gratitude makes life happier and complaining makes it more miserable. Then ask today's question.

Today's question:

What do you complain about the most? How can we turn that into gratitude?



## WEEK FOUR

# Feelings



### MONDAY

There are topics that are tough to talk about. But we shouldn't shy away from them. Feelings are something we have to help our children express and deal with positively.

Today's question:

What hurts your feelings?  
What do you do when your feelings are hurt? Do you have someone you talk to about those feelings?

### TUESDAY

As an adult, we don't always talk about our hurt feelings with our kids. Talk about a time you had your feelings hurt and how you dealt with it in a positive way. This is to help model how your child should deal with hurt feelings.

Today's question:

What's a positive way to deal with your hurt feelings? How can you express yourself in the right way?

### WEDNESDAY

Sometimes people deal with feelings in a negative way. Have a story ready about a time you (or someone you know) dealt with feelings in an unhealthy way. Be ready to share that story.

Today's question:

What are some unhealthy ways people deal with feelings? How can we prevent doing those things?

### THURSDAY

We have a lot of feelings, but just because we feel them doesn't mean they are right. If we don't learn to manage our feelings, they can hurt others.

Today's question:

What's a good way to express our feelings without hurting other people?

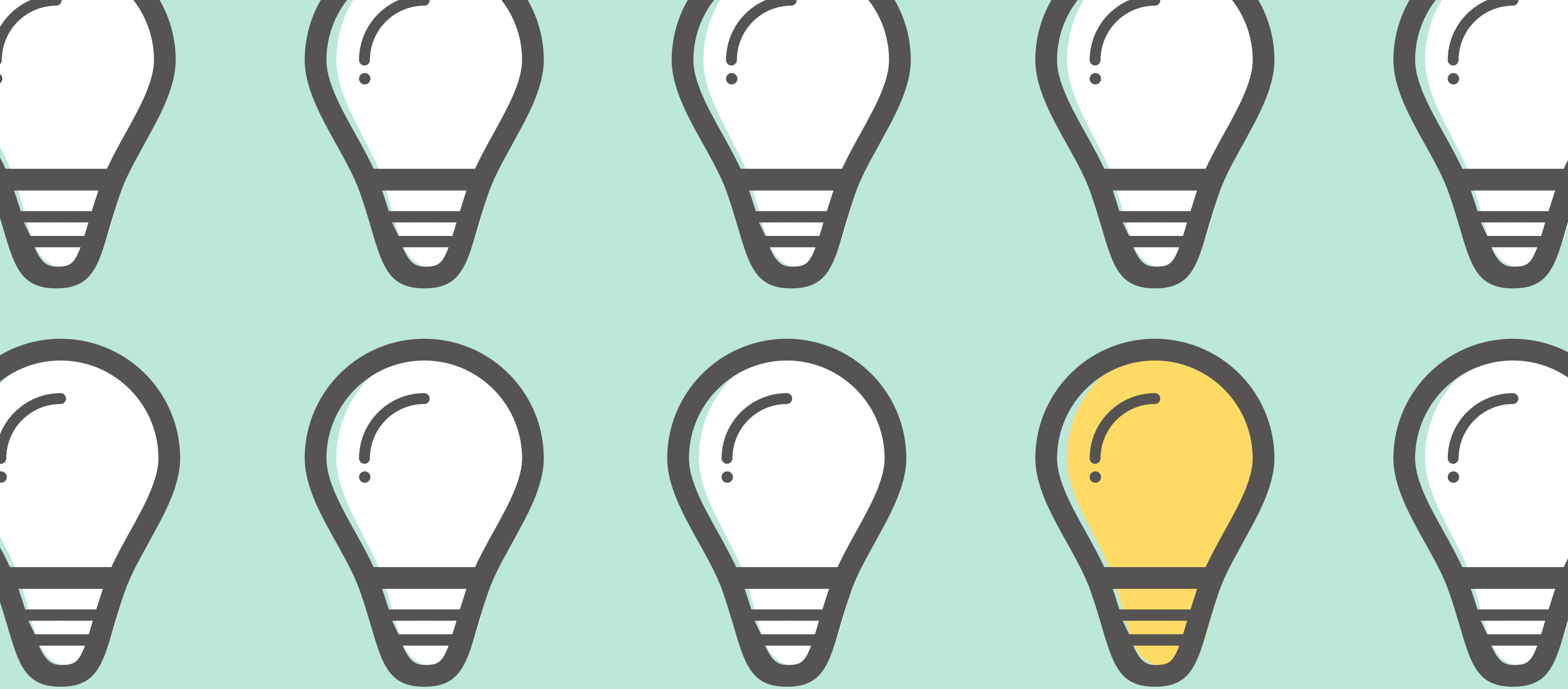
### FRIDAY

After a week of talking about feelings, it's a good time to ask your child how you can best help them express their feelings to you.

Today's question:

How can I help you express your feelings? Do you feel like I listen to your feelings? What emotion do you feel at home most of the time? Why?





## Thanks for using this book!

Conversations in the Car started because I realized I needed to prioritize the time with my daughter during our commute to and from school.

Look for future Conversation eBooks by subscribing to my website, [www.carriewisehart.com](http://www.carriewisehart.com). There you can find all kinds of inspirational posts and resources for living the Best Day Ever Adventure lifestyle.

Today is the best day ever. Why? Because if today were my last day I would want it to be my best day. So I'm going to live every day as if it were my last. That means making good use of the time I have with my little girl - who will soon be grown up and gone.

I also have teaching resources at my Teacher Store - [www.teacherspayteachers.com/teachupsidedown](http://www.teacherspayteachers.com/teachupsidedown). Feel free to visit for teaching ideas, lesson plans, and unit plans!

Choosing Joy,

*Carrie Wisehart*



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